

## Child Care Health Consultation Lesson Plan

**Contractor Name:** CCHC Program

**Date Submitted:** May 29, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
<b>Select one standard and one level</b>	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	<b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input checked="" type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

**Title:** 12345 FitTastic Message #5– Eating Fruits and Vegetables for Health

**Training Goal:** Child care providers will recognize the importance of and recommended servings of fruits and vegetables in a healthy diet

**Learning Objective(s):** Participants will

- Acquire skills for preparation and storage of healthy fruits and vegetables and how to shop for and stock these foods at their child care facilities
- Identify what constitutes a serving size and how to increase intake throughout the day

Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: <a href="http://fittastic.org">http://fittastic.org</a>		
Introduction- Review the Learning Objectives	Intro	5 min
<b>Objective 1:</b> -Review: Fit-Tastic Healthy Lifestyles Quiz results on fruit and vegetable consumption	Discussion	5 min
<b>Objective 2:</b> Learn about the benefits of fruits and vegetables and what constitutes a serving size: -Review handout: <i>5 Servings or More of Fruits &amp; Vegetables</i> ; -Review handout: <i>How Big is a Serving? ...How Big is Your Kid?</i>	Handout; lecture/discussion	10 min
<b>Objective 3:</b> Learn tips to increase intake, reduce food spoilage, and manage quick and easy preparation. -Review handout: <i>5 Servings or More of Fruits &amp; Vegetables</i>	Lecture/discussion; handout	15 min
<b>Objective 4:</b> -Activity: Create a food rainbow, identifying as many fruits and vegetables as you can for each color section. Compare your discoveries to the <i>Taste the Rainbow!</i> diagram on your handout to see what you may have missed -Reminder of tips and facts for increasing fruit and vegetable intake -Wrap-up/ Q&A/ evaluation	Group activity; handout; discussion   Q & A, evaluations	15 min 5 min  5 min
<b>Total training time:</b> 1.0 clock hours		1 hour

**Methods of outcome evaluation:** - Identify fruits and vegetables from every section of the color wheel. Participation in group activities, Q & A, evaluation

### FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

**Date Approved:**  
May 29, 2015

**Authorized Approval Signature:**



**Date Expires:**  
May, 2018